2:Seligman & Seligman E-5 (1909-1910) 1932
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843 to this result is reprehensible in a husband. We are not certain whether the wife leaves her husband during every pregnancy or only for the first, but there is no doubt that abstinence should always be maintained during the later months of pregnancy and during [844] lactation. At the time of birth the husband will make enquiries about his wife, but he must avoid the house of his parents-in-law.

844 An experienced woman assists the mother at birth; she cuts the umbilical cord with a sliver of millet stalk and buries the afterbirth[1] outside the hut on the right of the doorway. The place where the afterbirth is buried is not marked in any way, lest an evilly-disposed person might dig it up and burn it. The exact result of such an action [847] was not discovered, but if menstrual blood were burned the woman from whom it had flowed would become sterile. Before the mid-846 wife allows the young mother to nurse her first child she has to make •853 confession of all her previous love affairs, lest she and the child should die. The husband, who is told the names of his wife's previous lovers, as a rule makes no complaint, for the confession refers to the time before marriage.

851 The infant must be exhibited to the father and other men, who will gather outside the hut to ascertain that it is not a monorchid [849] (p. 99) or deformed; in either event it would be thrown into the river, with, according to Hofmayr, a sheep as offering.[2] Except [846] on this occasion the child is not taken out of the house during the first month of its life, and not often during the second month. At the birth of every child a goat is killed and the skin rubbed smooth to form a mat for the infant.

553 Names are given soon after birth and often refer to some incident that occurred in the family. If the father were to dream of an ancestor the child would be named after him, but this occurrence seemed comparatively rare. The birth name is retained throughout life, but Westermann states that a man often acquires a second name later, usually that of a cow or an ox.[3] According to Hofmayr, names play an important rôle in the life of a Shilluk, just as they do among the Dinka. A girl keeps her name for life, but a boy is continually adding names; they play the part of "decorations", he may take

[1] Hofmayr states that the mother ties the cord round her body (op. cit., 105); we suppose this to refer to the dry stump that later drops from the child's body.
[2] Op. cit., 108.
[3] Op. cit., xxxvi. This obviously refers to the animal given to a lad by his father at circumcision.

2:Seligman & Seligman E-5 (1909-1910) 1932
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grouped together in battle, and still eat together ceremoniously, e.g. at mourning feasts. The *kwanyivok* have their foreheads scarred in the same manner as commoners. Lines of scar marks are also made on the breast, across the shoulder blade, and two rectangular masses above the umbilicus; these are considered to have no tribal significance but are done for the sake of adornment and are said to be admired by the opposite sex.

We are indebted to Mr. Heasty for a note on Shilluk customs, which seem to indicate that the milk avoidances of the Nilotes are dependent on fear of contamination associated with the sexual act.

A young woman does not drink milk under any circumstances, though a woman who is nursing a baby may, as do old women past the reproductive age. Only small boys herd the cattle and milk them, for once a boy has reached maturity there is the danger that he may have had sexual consult, when if he milked, or handled manure, or even walked among the cattle in their pens, he would cause them to become sterile. These beliefs are held so strongly that a child who goes to his neighbours to drink milk must have a bath before he returns home, lest milk might adhere to him, be mixed with food, and be eaten by someone who was unclean. If a man has had sexual relations with his wife or another he is considered unclean and does not drink milk until the sun has set the following day. Mr. Heasty could not discover that anyone objected to drinking milk drawn by himself, nor does anyone avoid taking milk and meat together. The pottery vessels used for milk are not used for any other purpose.

A woman cooks for her husband and leaves the hut while he eats, but it is not shameful for men and women to be seen eating together, and after a man has eaten the main part of a meal a woman and her friends, usually her unmarried *nyiwa* (if her *gol* is not distant), may sit and eat while he continues his meal. A newly married couple do not eat together. Small reed mats called *pare* are used to put over pots of food to keep off flies and dust, and out of respect a woman might stand one of these upright to screen her face while eating or drinking.

3:Westermann E-5 (1910) 1912 FJ23 Shilluk FJ23

are increasing in numbers. The average number of children reared in one family may be from three to four. The number of children born by one woman is not low; women with ten children are no exception. But as a rule no more than three or four children grow up to maturity in one family, the rest dying from want of reasonable nursing. If in course of time the natives are taught to take better care of their children, the population will no doubt strongly increase. A cause of the low birth rate in many families is the fact that a man is not supposed to have intercourse with his wife while a baby is nursing, that is, till the baby is from two to two and a half years old. They consider it a great shame for a woman to become pregnant before this time has elapsed. If such a case happens, they generally will say that the woman has committed adultery.

OUTWARD APPEARANCE OF THE PEOPLE

The Shilluks are tall in figure, the average height of the men being nearly 1.80 m.[1] They are generally lean, rather narrow in the shoulders, and have but thin calves; their arms and legs are long, especially the legs below the knees and the forearms; hands and feet are small. A characteristic posture of the Shilluk man is to stand on one leg, and bending the other, press the sole of his foot against the inner surface of the knee, while one hand holds a spear stuck into the ground; he will stand thus for hours, looking admiringly at his cattle. They are very clever in running and jumping, and are capable of sustaining considerable fatigue.

Their skin is dark, almost black; albinoes seem to be rare. The physical appearance of the Shilluks is not that of pure negroes, they might rather be called negroids, in spite of their dark colour. Most of them have a fierce, sometimes a proud, haughty look. The cheek-bones and lips are protruding, but not excessively; the nose is flat, but high noses are not infrequent. Young people of both sexes are finely built, while in old age they generally become very thin and bony. Their gait is erect and elastic.

PAINTING THE BODY

What makes the Shilluks look most ugly and almost frightful in the eyes of a newcomer, is their habit of smearing the whole body. While the lower part is covered with ashes, the breast and head are painted with red earth or with chalk, or, if they can afford it, with oil or butter. Sometimes the whole body is painted white or red, and lines or figures are drawn across the face.

EXTRACTION OF INCISORS

Like most Nilotic negroes the Shilluk remove the lower incisors; this is done in early childhood; its omission would, in the belief of the natives, cause sickness; for instance, a case occurred where the teeth were taken out to cure sore eyes; a woman who had just had them removed from her child, said that unless they were taken out, her child would undoubtedly be deformed in some way, when it grew to maturity. Another explanation for extracting the teeth

[1] five feet ten inches.

29:Dempsey M-5 (1940-1954) 1955
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narrow circular hole in the ground about a foot deep, and steadily pounded with a heavy, six-foot pole wielded with all the strength a young pair of arms and shoulders can bring to the task. The coarse flour which results from this operation is soaked in water and then ground again, this time between two hard, rough stones. The flour is ready for use; it is mixed with water and boiled in a shallow iron dish to make a thick porridge, and this, flavoured with a little salt if that is available, and mixed with a little milk, constitutes the meal. Young women, however, are denied the luxury of milk, unless they are nursing a baby.

By the time the women have returned from the river, ground the flour and cooked the porridge, it is already nine o'clock. If it is the dry season and there is no work to be done in the fields, the men have been sitting around since sunrise busy perhaps with some task such as making a grass rope or weaving a fish trap, or merely gossiping away the time until their food is ready. When a woman has cooked her husband's breakfast she takes it into the living hut, and then leaves while he eats. She never eats with him, though she may return later, before he has finished, and eat her own meal sitting apart; she may also join other women and eat with them. When breakfast is over the men resume their tasks, and if there is a nice part of the river bank shaded with trees, such as is to be found at Detwok, they will take their rope making and weaving materials or their fishing net and pass the day there pleasantly enough. The young boys untether the bleating sheep and goats which pour out of the village running in search of grass and water, followed by their herds who add to the din by yelling and whistling; the cattle follow at a more leisurely pace in charge of the older boys. Soon the village is empty of animals save for the mangy, half-starved dogs nosing about for scraps of food, and the scraggy chickens picking up grains of millet scattered here and there in the compound. The little girls appear, staggering under the weight of the fat babies they carry on their hips. The women and the older girls go about the never-ending household tasks, cleaning up after their untidy menfolk,